

FEEDBACK INFORMED TREATMENT (FIT)



OVERVIEW

Scott D. Miller, Ph.D.- Director and Founder of International Center for Clinical Excellence- Consortium of clinicians, researchers and educators dedicated to promoting excellence in behavioral health services

Also called “Partners for Change Outcome Management System (PCOMS): The Heart and Soul of Change Project.

Feedback-Informed Treatment (FIT) –method for using client feedback regarding the therapeutic alliance and outcome of care to inform, tailor and improve service delivery

Uses the Outcome and Session Rating Scales (ORS and SRS) measures for measuring the quality and outcome of behavioral health and social care services for adults and children in behavioral health. Two Scales:

- Outcome Rating Scale (ORS) assesses the client’s therapeutic progress and clients perceived benefit of treatment- Administered at beginning of treatment session
- Session Rating Scale (SRS), assesses client’s perception of the client-therapist alliance (quality of therapeutic relationship)- Administered at end of session.
- Ratings for both scales are discussed in each session to maintain engagement

Therapist can chart the course of treatment and discover how to be more effective, with more clients, consistently. Client can determine benefit of services

SAMHSA-approved evidence-based practice-National Registry of Evidence-based programs and practices (NREPP)

OUTCOMES

- **Engages and retains difficult to reach patient populations, increasing successful treatment outcome and completion rates**
- **Reduces missed or cancelled appointments**
- **Uses outcome management tools to effectively inform and improve treatment**
- **Alliance Building Skills across diverse populations**
- **Involves the client in the treatment process**




OVERVIEW

Manuals

- What works in therapy, basic strategies for feedback informed clinical work, supervision, how to document change, how to work with specific populations and organizations



FIT FIDELITY AND TIME

- **Unlike theoretical models such as CBT, FIT is an approach that does not dictate which therapeutic model is used**
 - **FIT focuses on the effectiveness of the therapy delivered to each client no matter what therapy is administered**
 - **ORS and SRS were designed to be feasible for use at every session**
 - **Measures take only a few minutes to administer score and track, without sacrificing reliability and validity**
 - **Real-time nature of the feedback allows practitioners to make timely adjustments to their approach allowing services to better meet each client's needs**
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FIT IN IOWA

Prairie Ridge- Mason City, Iowa

Other SA providers have attended annual trainings including: Jackson, Prelude and ASAC

Governor's Conference on Substance Abuse: April 19 and 20, 2016.

- Presentation by Scott Miller on April 19
- Registration for Governors Conference at:
<http://www.trainingresources.org/Default.aspx>
- Training in Iowa- One Day with Scott Miller at: November 30, 2016. Registration at: [trainingresources.org](http://www.trainingresources.org)

RESOURCES FOR FIT

<https://www.centerforclinicalexcellence.com/> or
<http://www.scottdmiller.com/>

Center for Clinical Excellence - Clinical Community for Mental Health and Behavioral Health Clinicians

ICCE

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RESOURCES

Annual Training List: Chicago, Illinois (March/August/2016)

- FIT Implementation
- FIT Professional Development
- FIT Supervision

Consultation/training. See below website or SAMHSA NREPP at:

[http://www.chcs-me.org/document_upload/CDOI%20\(PCOMS\)%20Now%20an%20Evidence%20Based%20Practice.pdf](http://www.chcs-me.org/document_upload/CDOI%20(PCOMS)%20Now%20an%20Evidence%20Based%20Practice.pdf)

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